

## Why Does The State Require Mental Health Practitioners To Be Licensed?

1. To protect consumers.
2. To set professional qualifications.
3. To establish a process for handling consumer complaints.

**IN MOST CASES, WITHOUT A LICENSE, NO INDIVIDUAL CAN PROVIDE MENTAL HEALTH SERVICES IN NEBRASKA.**

## What Is A Mental Health Practitioner?

A Mental Health Practitioner is a licensed individual who has met certain requirements in education (a least a Masters degree) and experience (at least 3,000 hours of supervised experience in mental health practice and has passed the National examination).

Beginning professionals (those still earning the 3,000 hours) will have a Provisional License as a Mental Health Practitioner.

A licensed Mental Health Practitioner can help individuals, couples, families, or groups, to cope with social, mental, emotional, or behavioral problems.

## How Do I Know If Someone Is Licensed?

A licensed mental health practitioner must produce a valid license upon request.

Some individuals have had specialized training in the fields of marriage and family therapy, professional counseling or social work. In order to provide mental health services, these certified professionals must first hold a state mental health practitioner license.

If you have questions about a practitioner call the Credentialing Division at **(402) 471-2117**, or visit our Web Site Address at: <http://www.hhs.state.ne.us./lis/lisindex.htm>

## How Do I Find A Mental Health Practitioner?

Mental health practitioners work in various settings: community mental health agencies, hospitals, family service agencies, employee assistance programs, or private practice. Many are listed in the yellow pages of the telephone directory. They may represent themselves as:

Licensed Mental Health Practitioners  
Licensed Marriage and Family Therapists  
Licensed Professional Counselors  
Licensed Clinical Social Workers

## What Are My Rights And Responsibilities As A Consumer?



- ◆ See the state license of the mental health practitioner;
- ◆ Have explained to you the type of services offered, time involved, fees and billing policies, before services are rendered;
- ◆ Be informed of the professional limits and specialties of the practitioner;
- ◆ Expect confidentiality;
- ◆ Help set counseling goals and be informed of your progress toward them;
- ◆ Be informed of how to contact the practitioner in an emergency situation;
- ◆ Request referral for a second opinion at any time;
- ◆ Request copies of your records;
- ◆ Terminate the professional relationship at any time.

## I Have The Responsibility To:

1. Set and keep appointments;
2. Arrange for the payment of fees;
3. Help plan and follow through with agreed upon goals;
4. Inform practitioner about other counseling arrangements.

## What Do I Do If I Think That A Mental Health Practitioner Has Acted In An Unprofessional Manner?

All licensed Mental Health Practitioners are governed by a code of professional conduct which can be obtained by contacting your practitioner or the Credentialing Division (address on back of this brochure).

Consider termination of professional services with that practitioner, if you believe he/she has violated the code of professional conduct.

To report a complaint, contact:

Division of Investigations  
301 Centennial Mall South  
Lincoln, NE 68509



402-471-0175

## For More Information:

If you would like more information regarding mental health practitioners, please call or write:

Nebraska Department of Health and  
Human Services Regulation and  
Licensure  
Credentialing Division  
PO Box 94986  
Lincoln, NE 68509

Telephone Number: 402-471-2117

Fax Number: 402-471-3577

The Nebraska Health and Human Services System  
is committed to affirmative action/equal  
employment opportunity and does not  
discriminate in delivering benefits or services.

Nebraska Health and Human Services System



## A Consumer's Guide

# Mental Health Practice



## In Nebraska

Department of Health  
And Human Services  
Regulation and Licensure  
Credentialing Division and  
Board of Mental Health Practice